

MASTER OF
PROFESSIONAL KINESIOLOGY
HANDBOOK
2016-2017



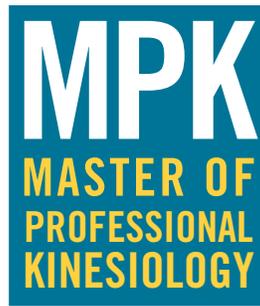


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MPK SESSIONAL DATES 2016-2017

Fall Session 2016			
	August	1	Civic Holiday (University closed)
	August	8	MPK New Student Orientation
	August	8	First day of MPK fall classes
	August	26	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register for 2016–2017 (after this date a late registration fee will be applied)
	September	5	Labour Day (University closed)
	September	30	Remaining fall session (September to December) fees due by this date to avoid incurring service charges
	October	10	Thanksgiving Day (University closed)
	November	30	Students registered in fall-winter: Remaining winter session (January to April) fees due by this date to avoid incurring service charges, which begin accruing on December 15
	December	21	University closed for winter break from Wednesday, December 21 to Friday, December 30 inclusive
Winter Session 2017			
	January	9	First day of MPK winter session courses
	January	18	Fall session grades available for viewing by students on the Student Web Service (ACORN)
	April	14	Good Friday (University closed)
Summer Session 2017			
	May	17	Winter session grades available for viewing by students on the Student Web Service (ACORN)
	May	22	Victoria Day (University closed)

INTRODUCTION

Welcome to the Graduate Department of Exercise Sciences in the University of Toronto's Faculty of Kinesiology and Physical Education. This handbook is designed for students entering the Master of Professional Kinesiology (MPK) program. The MPK program offers students access to a diverse group of faculty, who provide courses and offer students an opportunity to gain advanced knowledge and skills in the professional practice of kinesiology. It also provides unparalleled learning environments for hands-on practice working alongside leading practitioners. The purpose of this handbook is to provide information about the program's structure, expectations, policies, courses and schedule.

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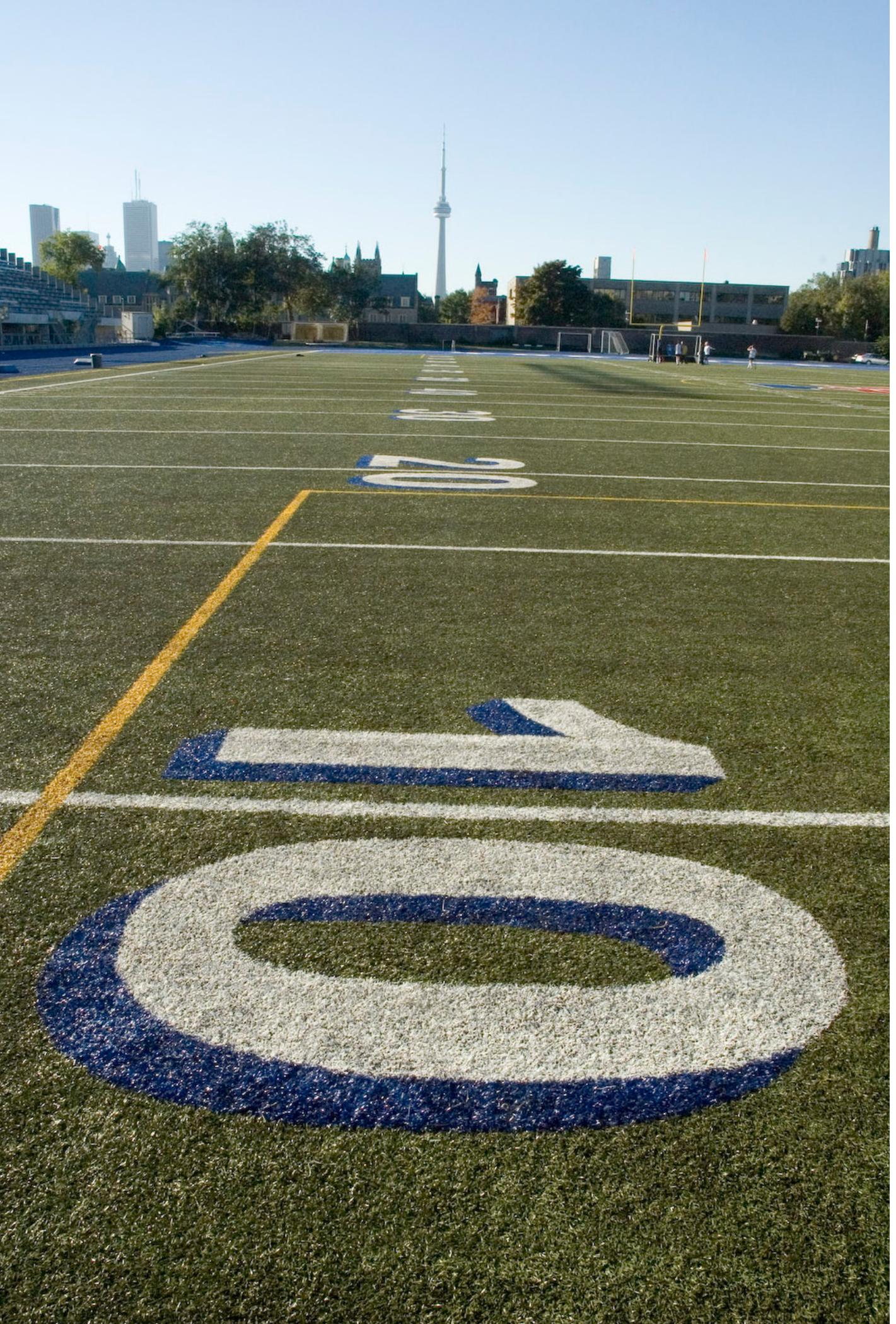
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WHAT IS PROFESSIONAL KINESIOLOGY?

As of April 1, 2013, new legislation in Ontario recognizes kinesiology as a regulated health-care profession. The College of Kinesiologists of Ontario (CKO) is the regulatory body that governs the profession of kinesiology in Ontario and receives its authority from the Kinesiology Act, 2007 and the Regulated Health Professions Act, 1991. In Ontario, any individual using the titles “Kinesiologist,” “Registered Kinesiologist,” or the designation “R.Kin,” must be registered with the College.

The CKO ensures kinesiologists maintain and enhance their skills and knowledge through established standards of practice, as well as their public accountability.

According to the Province of Ontario’s Kinesiology Act 2007, the Scope of Practice of kinesiology is: the assessment of human movement and performance and its rehabilitation and management to maintain, rehabilitate or enhance movement and performance (2007, c. 10, Sched. O, s. 3.).

By implementing a multidisciplinary approach to movement and human performance, registered kinesiologists consider the factors which limit and enhance the capacity to move, and strive to promote health, wellness, and performance in and through exercise and physical activity.

Why an MPK?

- Learn through experience
- Network and advance expertise through 600 hours of professional practice
- Gain research implementation and program evaluation skills
- Work with top scholars across diverse areas
- Engage in interprofessional education

What are some examples of kinesiology practice that our graduates will be prepared for?

Health and wellness promotion

- Creating physical activity programming to enhance young adolescents’ mental health
- Assessing the community environment and reducing barriers to physical activity for people with a disability
- Promoting physical activity and implementing targeted programs to promote bone health in post-menopausal women

Performance enhancement

- Using sports science testing and tailored training and conditioning to enhance athletic performance (e.g., functional movement screening and physiological tests)
- Enhancing and maintaining the performance capabilities of firefighters through tactical strength and conditioning

Injury prevention

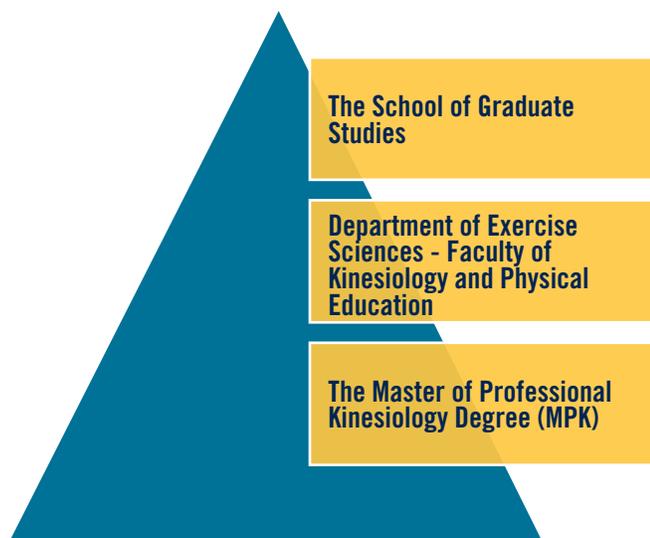
- Providing pre-operative exercise training for people with cancer
- Facilitating exercise programming for elderly for the purpose of reducing risk of falls
- Enhancing physical activity levels in youth to reduce the risk for obesity
- Developing a functional training and physical conditioning program to enhance the quality of an athlete’s movement and avoid injury in sport

Adapted physical activity and exercise programming

- Adapting community recreation and sports programs to be inclusive for children with diverse ability levels
- Adapting sports training and conditioning for an athlete returning to sport from an acute injury (e.g., concussion) or managing a chronic sport injury (e.g., tendonitis)
- Adapting exercise programming for people with cardiovascular disease



ACADEMIC STRUCTURE



MPK PROGRAM INFORMATION

Program Outcomes and Competencies

The MPK will focus on the development of students' competencies in devising, implementing and evaluating exercise strategies to improve health and physical performance. You will develop the abilities to translate leading-edge kinesiology research findings into professional practice through a mixture of classroom, case-based, laboratory and experiential (i.e., professional placements) educational approaches. Graduates of this program will acquire research-informed and multidisciplinary expertise in movement assessment and intervention in diverse practice areas, knowledge synthesis, translation and application, evaluation of clinical and program effectiveness, collaboration with interprofessional health-care teams, and conceptualizing future kinesiology practice.

Competencies

Depth and Breadth of Knowledge

Master of Professional Kinesiology graduates should understand at an advanced level the kinesiology-related aspects of anatomy, exercise physiology, biomechanics, motor learning and control, behavioural aspects of health, social and cultural influences on health and physical activity participation, clinical reasoning and health-care professional relations. Graduates should appreciate that real and perceived barriers to achieving sufficient movement quality and quantity are many, varied (i.e., physical, psychological, cognitive, emotional, social and cultural) and interactive/complex in nature.

Research and Scholarship

Graduates of the MPK will employ their depth and breadth of knowledge of movement and human performance to:

- Promote health, wellness and performance in a variety of populations
- Critically evaluate current research in movement science
- Locate, critically evaluate and employ professional and clinical practice guidelines
- Use research methods to evaluate the effectiveness for kinesiology practice and identify areas for improvement

Application of Knowledge

Graduates of the MPK will employ the depth and breadth of knowledge to prevent and manage health limitations and to enhance the client's ability to physically perform in valued life roles. This is reflected in students who are able to:

- Synthesize and present (oral and written formats) a summary of current knowledge of movement science as applied to provision of professional kinesiology services
- Create management and intervention plans that are based on current knowledge and creatively address the needs of the client
- Evaluate clinical programs and propose methods of improving current or new programs

Professional Capacity/Autonomy

Graduates of the MPK will serve the needs of clients by providing evidence-supported management, rehabilitation and performance enhancement services, and by contributing to their own and the profession of kinesiology's development. Graduates will be able to:

- Make appropriate decisions for management, rehabilitation or enhancement of the health and physical capacity of clients
- Advance the profession of kinesiology through developing, advancing, disseminating and exchanging knowledge about physical activity, health and their interactions through provision of care, education, research and leadership

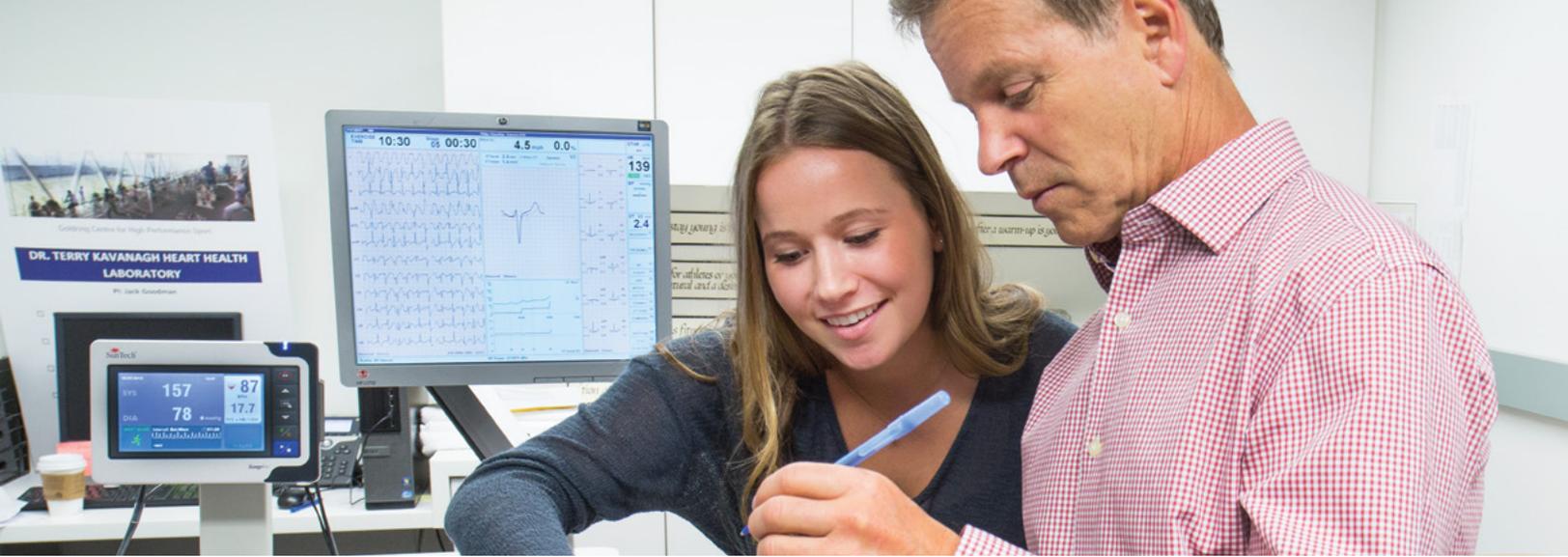
Communications Skills

Graduates of the MPK will demonstrate the ability to receive information and feedback and to present information and feedback to peers, field instructors and clients/patients. They will also develop skills in persuasive communication and leadership.



MPK TIMETABLE (OVERVIEW)

August 2016	September 2016	October 2016	November 2016	December 2016	January 2017	February 2017	March 2017		
MPK4000Y (Aug 8 – Sept 2) Intro to Professional Kinesiology	MPK4001Y (Sept 5 – Dec 20) Clinical Assessment and Interventions	MPK4002Y (Sept 5 – Dec 20) Biophysical Assessment and Interventions	MPK4003Y (Sept 5 – Dec 20) Behavioural Assessment and Interventions		MPK4006H (Jan 9 – Mar 3) Interprofessional Practice	MPK4007Y (Jan 9 – Mar 3) Practice Setting Considerations	MPK4009H (Mar 6 – Mar 31) Business of Kinesiology and Entrepreneurship		
	MPK4004Y (Sept 5 – Dec 20) Physical Culture, Health and Social Environments	MPK4005H (Sept 5 – Dec 16) Development and Delivery of Kinesiology: Professional Practice 1			MPK4008Y (Jan 9 – Mar 31) Evidence Supported Practice	MPK4005H (Jan 9 – Mar 31) Development and Delivery of Kinesiology: Professional Practice 1			
	MPK8001H (Sept 12 – Dec 16) Placement 1				MPK8001H (Jan 16 – Mar 31) Placement 1				
April 2017	May 2017		June 2017	July 2017	August 2017	September 2017	October 2017	November 2017	December 2017
MPK4010H (Apr 3 – May 26) Professional Practice 2			MPK4011H (June 12 – Aug 4) Professional Practice 3		MPK4012Y (Aug 7 – Dec 1) Capstone Project: Improving Kinesiology Practice				
MPK8002H (Apr 3 – May 28) Placement 2			MPK8003H (June 12 – Aug 4) Placement 3						
		SPRING BREAK							



MPK PROGRAM REQUIREMENTS

The MPK program is a full-time, 16-month program (August to December, inclusive) and offers a combination of classroom, case-based, laboratory and experiential education. The MPK involves successful completion of 12.0 full-course equivalents (FCEs) as follows:

- 13 courses (equal to 10.5 FCE academic courses)
- 600 hours of professional practice (1.5 FCE)

COURSE DESCRIPTIONS

MPK4000Y INTRODUCTION TO PROFESSIONAL KINESIOLOGY (1.0 FCE)

This course will assist students in developing an advanced understanding of how kinesiology can be applied in a professional context to enhance the health, wellness and functional capacity of clients. Students will learn how fundamentals of movement science, current research, business and ethics are integrated to provide the highest level of practice. Students will draw on their previous knowledge of anatomy, biomechanics, motor learning and control, exercise physiology, behavioural sciences and ethics in developing a client-centred approach to movement adaptation, with integrated assessments, interventions, and ongoing management and advocacy for health and performance. They will be able to apply safety techniques and procedures (universal precautions, emergency procedures, workplace standards). A mixture of lecture, laboratory and practical sessions will be used to aid in the development of knowledge and skills related to movement science practice.

Course duration:

- 4 weeks
- 10 hours of classroom activity/10 hours afternoon laboratories, tutorials and service learning and/or field trips per week
- Total course time 80 hours



MPK4001Y CLINICAL ASSESSMENT AND INTERVENTIONS (1.0 FCE)

Clinical practice refers to the delivery of health services based upon the interaction between practitioners and clients rather than theory or basic science alone. Quality of clinical practice is achieved through patient interaction, involving various processes within the clinical paradigm of the practitioner, client and services. These interactions allow for thoughtful clinical reasoning and decision making to guide patient care across the health continuum, including assessment, intervention and the long-term management of health. In this course, students will explore the nature of the clinical paradigm and develop clinical reasoning skills related to the delivery of kinesiology assessment and intervention.

This course will assist in developing the critical thinking skills required for effective decision making, while considering the needs of the client in the broad paradigm of clinical management. A mixture of lecture, problem- and case-based learning sessions, laboratories and assignments will be used to aid in the development of knowledge and skills related to clinical assessments and interventions.

Course duration:

- 16 weeks
- 2 hours of lecture/2-hour lab/tutorial per week
- Total course time 64 hours

MPK4002Y BIOPHYSICAL ASSESSMENT AND INTERVENTIONS (1.0 FCE)

Kinesiology assessment and intervention techniques should be selected and adapted to accommodate environmental, individual and task factors. In this course, students will learn how to appropriately design, select and administer a range of general and population-specific kinesiology assessments and interventions that relate to biological and physical performance for clients across the health-to-performance continuum. Lectures will stress the way anatomy, physiology, injury and pathology affect decisions regarding client screening, assessment and intervention approaches. Emphasis will be placed on the demonstration of critical thinking, evidence-based decision making and applied skills within case-based learning sessions and laboratories.

Course duration:

- 16 weeks
- 2 hours of lecture/2 hour lab/tutorial
- Total course time 64 hours

MPK4003Y BEHAVIOURAL ASSESSMENT AND INTERVENTIONS (1.0 FCE)

Supporting and adapting behaviours towards improved health are central to the role of kinesiologists in delivering client care. The complex interaction of clients' perceptions, goals, experiences, objectives, barriers and facilitators around health behaviours must be considered for the appropriate development of healthy lifestyle planning. In this course, students will enhance their understanding of the principles and application of theory-driven health behaviour assessment and intervention techniques for the prevention, treatment or management of health and performance. Skill development will focus on critical appraisal of assessment instruments, individualized interviewing and counselling techniques, strategies to accommodate varying degrees of health literacy and dynamic approaches to establishing and monitoring chronic health behaviour change. Students will engage in case-based learning, partner/small-group role-playing and lectures to develop a rich understanding of behaviour change theory and its application.

Course duration:

- 16 weeks
- 2 hours of lecture/2-hour lab/tutorial per week
- Total course time 64 hours

MPK4004Y PHYSICAL CULTURE, HEALTH AND SOCIAL ENVIRONMENTS (1.0 FCE)

A comprehensive examination of the cultural, social and ecological effects that help shape health environments and behaviours provides important information and direction for health-promoting strategies. Accordingly, understanding and respecting the beliefs, backgrounds and broader social influences on health (and cultural understandings of health practices) and how they impact the client are essential to creation of optimal kinesiology services. In this course, students will learn about the interactions between society, environments, culture, social justice and physical health and how to apply these understandings in the development of health-promoting programming. Furthermore, students will develop the ability to conceptualize and critically analyze the complicated institutional relationships between personal health, health-care service and practice, and broader-scale structural determinants for effective, responsible, interdisciplinary client care. A mixture of lecture, problem- and case-based learning sessions and assignments will be used to aid in development of knowledge and skills.

Course duration:

- 16 weeks
- 2 hours of lecture/2-hour tutorial alternate weeks
- Total course time 64 hours

MPK4005H DEVELOPMENT AND DELIVERY OF KINESIOLOGY PRACTICE 1 (0.5 FCE)

The purpose of this course is to develop theoretic knowledge and understanding in models of service program delivery and development. Special attention will be paid to kinesiology service delivery strategies across populations at the client and programmatic level, the influence of varying program and practitioner approaches on client outcomes, learning and training opportunities for professional development, and leadership across practice settings. This will support students in examining and sharing their experiences delivering kinesiology services to clients. Students will reflect and examine professional issues and experiences across kinesiology service models and will integrate knowledge from their experiences in MPK8001 and knowledge and theory from the set of concurrent courses (MPK4001, MPK4002, MPK4003, MPK4004).

Course Duration:

- 22 weeks
- Total course time 44 hours

MPK4006H INTERPROFESSIONAL PRACTICE (0.5 FCE)

Kinesiologists practise among an extensive team of practitioners to provide comprehensive and co-ordinated services for clients. Students in this course will develop an understanding of the principles and concepts of interdisciplinary teamwork in a health-care and health promotion context. A focus of the course will be placed on strategies that facilitate appropriate co-ordination of service delivery, appropriate referral pathways, collaborative interprofessional communication and practising within the limits of the professional scope of practice. Guest lecturers from across the health-care disciplines and related groups will contribute to the learning experience. Students will participate in interprofessional education sessions throughout the year with health-care students from other programs.

Course duration:

- 8 weeks – core course
- Additional events will be co-ordinated with the Centre for Interprofessional Education
- Total course time 20 hours

MPK4007Y PRACTICE SETTING CONSIDERATIONS (1.0 FCE)

Kinesiologists have the expertise to work with a range of populations in a variety of settings, including but not limited to hospitals, rehabilitation centres, workplace environments and sport. Models of service delivery in kinesiology are guided with consideration for the professional, physical, social and economic environments in which they operate. Through the course, students will learn to critically appraise the facilitators and barriers to programmatic development and delivery. Professional environments that align with Faculty practice and research strength will serve as cases for students to apply creativity, critical thinking and problem-solving skills. A mixture of lecture, case-based learning and field trips will be integrated to facilitate the learning experience.

Course duration:

- 8 weeks
- 3 hours of lecture/2-hour lab/tutorial per week
- Total course time 40 hours

MPK4008Y EVIDENCE SUPPORTED PRACTICE (1.0 FCE)

Evidence-supported practice refers to the integration of available scientific evidence into decision-making processes that guide the delivery of health services. Critical appraisal of research methodology and interpretation is an essential skill that ensures current best-practice approaches are maintained. In this course, students will enhance their understanding of research design and methodology, practice guidelines and knowledge translation strategies to clients and colleagues. Emphasized in this course are development of advanced skills in primary research retrieval and evaluation, synthesis of research findings across studies towards evidence-based decision making, strategies for rigorous programmatic evaluation and application of research findings in professional practice. Students will have opportunities to practise discussing research and knowledge with various audiences (researchers, practitioners, clients and the public) through various media. Concepts and frameworks from implementation science and knowledge translation will be used. A mixture of lectures, problem- and case-based learning sessions and assignments will be used to aid in development of knowledge and skills.

Course duration:

- 12 weeks
- 2 hours of lecture/2-hour lab/tutorial per week
- Total course time 48 hours

MPK4009H BUSINESS OF KINESIOLOGY AND ENTREPRENEURSHIP (0.5 FCE)

There is a growing demand for health promotion and support services, creating opportunities for innovation in professional kinesiology services and/or products. Successful kinesiology-related ventures in a competitive climate require a foundation of business and management skills that are framed within the health industry and professional standards. In this course, students will learn about kinesiology as a business, project management and entrepreneurial strategy. Business models and strategies will be discussed within the context of kinesiology professional standards with an emphasis on relevant codes and regulations. This course will be delivered in lectures, facilitated by partner and group activities using problem- and case-based learning approaches.

Course duration:

- 4 weeks
- 3 hours of lecture/4-hour lab/tutorial per week
- Total course time 28 hours

MPK4010H PROFESSIONAL PRACTICE 2 (0.5 FCE)

This is a credit/no credit course. This course supports the learning environment throughout Placement 2 (MPK8002) with routine meetings and peer-facilitated discussions about professional experiences to encourage the development of reflective practitioners. Issues related to the intersection of theory and practice will be explored. Electronic video conferencing will be used for weekly discussions to reduce travel by students from dispersed clinical sites.

Course duration:

- 1 hour per week online with class/self-reflective journal/blog
- Two 2-hour class meetings in person every 4 weeks
- Total course time 12 hours

MPK4011H PROFESSIONAL PRACTICE 3 (0.5 FCE)

This is a credit/no credit course. This course supports the learning environment throughout Placement 3 (MPK8003) with routine meetings and peer-facilitated discussions about professional experiences to encourage the development of reflective practitioners. Issues related to the intersection of theory and practice will be explored. Electronic video conferencing will be used for weekly discussions to reduce travel by students from dispersed clinical sites.

Course duration:

- 1 hour per week online with class/self-reflective journal/blog
- Two 2-hour class meetings in person every 4 weeks
- Total course time 12 hours

MPK4012Y CAPSTONE PROJECT: IMPROVING KINESIOLOGY PRACTICE (1.0 FCE)

In this capstone project, students will draw upon a mixture of research, assessment, intervention, analysis and communication skills acquired throughout the program to develop a plan to improve kinesiology practice. This may take the form of a plan for a new area of practice, a new approach for an established area or improved implementation of known best practices. Students will present their findings in a conference-style atmosphere.

Course Duration:

- 2 hours of workshop/tutorials per month plus final conference day
- Total course time 12 hours

MPK8001H PLACEMENT 1

Over 120 practice hours, students are exposed to the practice of kinesiology and gain hands-on kinesiology experience working directly with clients in one of the areas of sport, chronic disease and mental health, children and youth, and musculoskeletal and concussion. This course will be evaluated as pass/fail.

MPK8002H PLACEMENT 2

Over 240 practice hours, this placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include hospitals, clinics, sport institutes and community organizations. This course will be evaluated as pass/fail.

MPK8003H PLACEMENT 3

Over 240 practice hours, this placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include, hospitals, clinics, sport institutes and community organizations. This course will be evaluated as pass/fail.





PLACEMENT INFORMATION

The MPK provides unparalleled learning environments for hands-on practice, working alongside leading experts and practitioners on campus and across the GTA. Practice is deliberately structured and grounded in experiential learning theory. All placements are unpaid. General liability and health and safety insurance are maintained for all students while on placement.

PLACEMENT PLAN

Students will engage in 600 hours of professional, structured experience across three placements:

- Placement 1: Part-time within KPE (120 hours September to March)
- Placement 2: Full-time (240 hours April to May)
- Placement 3: Full-time (240 hours June to July)

PLACEMENT 1

What Areas of Practice Are Offered?

In the first placement (September to March), you will spend 120 hours in one of four placement areas, including Elite Sport, Children and Youth, Chronic Disease, or Musculoskeletal and Concussion. We ask that you rank your placement choices, and we will do our best to place you in your top choice placement. If we are unable to place you in your top choice, we will prioritize this selection to ensure you complete a placement in your area of greatest interest as part of your MPK.

ELITE SPORT

MPK students will have the opportunity to assist in the development, monitoring, evaluation and delivery of programming for intercollegiate and high performance sport with the Varsity Blues Strength and Conditioning (S&C) Centre. The University of Toronto Strength and Conditioning Centre is one of the most diverse sporting environments in Canada, supporting 22 intercollegiate teams in 14 different sports, in addition to Olympic and professional athletes. The Varsity Blues

Athletic Department and S&C Centre is fully integrated within the Faculty of Kinesiology and Physical Education and, as such, this placement provides students with an unparalleled opportunity for accelerated career development through guided professional development, networking opportunities and exposure to the latest evidence-based training methods and practices.

All S&C responsibilities will be completed under the guidance of the assigned MPK practice coordinator, the Head Strength and Conditioning Coach and the rest of the Varsity Blues S&C staff. Students will also interact with the sports medicine clinic, sport scientists, sport coaches and all other members of the integrated support team assigned to individual sports.

Prerequisites

CPR/First Aid

BackCheck: Criminal Record Check

CHILDREN AND YOUTH

MPK students will have the opportunity to assist in the delivery of the U of T S.M.I.L.L.E. program – an innovative program designed to enhance the physical literacy and fundamental movement skill development of children and youth with disabilities.

S.M.I.L.L.E. History: The Sensory Motor Instructional Leadership Experience (S.M.I.L.L.E.) program was founded in 1982 by Dr. Jack Scholtz from Acadia University. S.M.I.L.L.E. (smile.acadiau.ca) is a novel program that offers children and youth with varying disabilities a unique physical activity experience to improve their total development. Each participant is provided with an individualized physical activity plan and orientation to a variety of activities, for example, physical fitness (strength, aerobics and flexibility) and perceptual motor and sport skills. Throughout the academic year, S.M.I.L.L.E. (through Acadia University) is offered to approximately 280 children, youth and young adults with varying ability levels who are given one-on-one instruction. The program participants have specific disabilities that include autism spectrum disorder, intellectual disability, multiple disability, spina bifida, cerebral palsy, traumatic brain injury, Down syndrome and specific chromosomal disorders.

U of T's S.M.I.L.E. Program: With S.M.I.L.E.'s success at Acadia University, a similar program will start in September 2016 within the University of Toronto community. The U of T S.M.I.L.E. program will be offered by the Faculty of Kinesiology and Physical Education in partnership with Surrey Place Centre, Clinton Street Public School and Acadia University. This will be a 12-week program (offered from September to December and January to April). Consistent with the Acadia S.M.I.L.E. program, S.M.I.L.E. at U of T will focus on the development of fundamental movement skills and overall physical literacy. The one-on-one nature of this program allows for individual adaptation of the planned activities, where necessary, to meet the needs and interests of each child. The program will focus on fundamental movement skills, including locomotion (e.g., walking, rolling, skipping), object control (e.g., push, pull, dribble, pass), and rhythm and movement (e.g., dancing, balancing, clapping). During the first (week 1) and final (week 12) sessions, the MPK student instructor will conduct a fundamental movement skill assessment using a previously validated tool for children and youth with cerebral palsy (the Challenge Module). This assessment tool will provide the MPK student instructors with information on the child's ability levels at the beginning and the end of the program, and will be used to develop individualized, meaningful physical activity goals (co-developed with the child and parent) for the program.

MPK students will be working one-on-one with a child (aged 6 to 12 years) with a disability. With two program times offered each session, each MPK student will be matched with two children per term. All responsibilities will be completed under the guidance of the assigned S.M.I.L.E. program co-ordinator.

Prerequisites

CPR/First Aid
Vulnerable Sector Police Check

CHRONIC DISEASE AND MENTAL HEALTH

MPK students will have the opportunity to contribute to the delivery of the U of T S.P.A.R.K. and MoveUHappyU programs with the aim of promoting long-term health through exercise prescription and physical activity participation.

U of T's S.P.A.R.K. Program: The U of T Secondary Prevention and Rehabilitation Kinesiology (S.P.A.R.K.) program is offered within the Faculty of Kinesiology and Physical Education. This is a 13-week program (offered from September to December and January to March) in which MPK students are paired one-on-one with an adult from the community for the purpose of assessing exercise needs and developing and delivering an exercise plan. The focus of this program is on chronic disease prevention and rehabilitation through kinesiology practice. Clients participating in the S.P.A.R.K. program will have a previous history of cancer or cardiovascular disease.

U of T's MoveUHappyU Program: The U of T MoveUHappyU program is offered within the Faculty of Kinesiology and Physical Education in partnership with the University of Toronto Health and Wellness Centre. This will be a 13-week program (offered from September to December and January to March) in which MPK students are paired one-on-one with a U of T student to develop and deliver a physical activity plan with the focus of educating students on how physical activity can improve the way they perform in the classroom by lowering stress levels, improving sleep patterns and boosting concentration.

Students will be assigned to two clients for the duration of each semester (four clients total). Each of the clients will be enrolled in the S.P.A.R.K. (2 clients/student) or MoveUHappyU programs (2 clients/student). Although all participants will engage in similar assessment and training protocols, appropriate programmatic adaptations will be implemented by the MPK student to address a client's individual goals and needs. Each client will present with his/her own unique health status and, given the clientele targeted by S.P.A.R.K./MoveUHappyU, are likely to require accommodations to conventional exercise programs. Accordingly, clients will undergo routine monitoring for health status. At the start and end of each 13-week program, MPK students will assess the various fitness, cardiorespiratory, body composition and musculoskeletal needs of the client using a variety of measures (e.g., health screening interview, mood states questionnaire, resting heart rate and blood pressure, biodex, cycle ergometer, treadmill test). Based on these assessments, students are expected to work directly with the client to develop program goals, design an exercise plan to achieve these goals and support the client on a weekly basis in executing the plan. Students will have approximately 100 hours of direct client contact plus an additional 20 hours of group debriefing meetings to review client activity and share professional strategies. All responsibilities will be completed under the guidance of the assigned S.P.A.R.K./MoveUHappyU program co-ordinator.

Prerequisites

CPR/First Aid
BackCheck: Criminal Record Check

MUSCULOSKELETAL AND CONCUSSION



MPK students will have the opportunity to assist in the development, monitoring, evaluation and delivery of programming for the David L. MacIntosh Sport Medicine Clinic. The David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the University of Toronto community for over 60 years. The services are available to anyone with sport- or exercise-related injuries or inquiries. As a comprehensive sport medicine care facility, the MacIntosh Clinic's staff includes certified athletic therapists, sport physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified podiatrist and a registered psychologist (in clinical neuropsychology). Each professional is committed to offering an exceptional quality of care to help clients get back in action faster.

MPK students will provide regular weekly clinical coverage and work directly with staff of the David L. MacIntosh Clinic and with clients of diverse ages and health conditions. Under the direction of a clinical therapist, MPK students will be responsible for the design and implementation of individualized structured exercise/rehabilitation programs for clients and will be accountable for ensuring the safe/appropriate administration of exercise programs prescribed. Students will also learn and support the collection and maintenance of medical documentation concerning a client's assessment, progress, treatment, attendance and discharge.

MPK students will also have the opportunity to work alongside other therapists in the clinic to prevent, recognize, manage and rehabilitate injuries that result from physical activity or sport, including the prevention and management of mild traumatic brain injuries (concussions). For patients with concussions, the MPK students will work with other staff in the clinic to perform a thorough functional assessment and design a rehabilitation program to monitor symptoms and progression of recovery. This may include the delivery of educational/workshop sessions, baseline testing, implementation of "return-to-activity" guidelines and medical management such as neck therapy, balance and eye-tracking therapy.

Prerequisites

CPR/First Aid
BackCheck: Criminal Record Check

PLACEMENTS 2 AND 3

Full placement descriptions for Placement 2 and 3 will be provided through the KPE placement database and matching system. Students will be asked to make selections for Placements 2 and 3 in the winter term.

PROFESSIONALISM

Whether in a classroom or placement setting, in your capacity as an MPK student, you are representing the Faculty of Kinesiology and Physical Education and the University of Toronto to the public. As such, we expect high levels of professionalism and conduct from you at all times and in all aspects of this program, both professional and academic.

KPE MISSION

As an MPK student it is your responsibility to work in line with the mission of the Faculty of Kinesiology and Physical Education to “develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.”

CORE VALUES

It is expected that students conduct themselves in a manner consistent with the following core values:

RESPECT – Uphold the highest respect for fellow peers, colleagues, instructors, clients and the environment in which you practice and train, and always act and communicate in a manner that is equitable, inclusive, fair and appropriate to the clientele you are interacting with and the context in which you are interacting.

INTEGRITY – Hold yourself accountable to the highest moral standards and principles in any task undertaken and in all relationships developed.

COMMITMENT – Commit to providing the highest quality of programming and care and furthering your own self-development and expertise.

ADHERENCE TO UNIVERSITY AND PLACEMENT SITE POLICIES

It is your responsibility to adhere to all University policies (including procedures, rules and regulations) that apply to students at the University, including but not limited to academic and research policies, policies relating to off-campus activities and policies relating to student conduct. The applicable policies, procedures, rules and regulations of the University may be found online at www.provost.utoronto.ca/policy.htm

When on placement, it is your responsibility to also be aware of and adhere to the placement site’s policies that are relevant to your activities during the placement. In cases of conflict between the University’s academic and research-related policies and the applicable placement site policies, the University’s policies will prevail. In the case of conflict between the University’s non-academic and non-research related policies and the placement site’s policies that apply specifically to the activities of the student at the placement site, the placement site’s policies will prevail. In the case of conflict not resolved by the foregoing, the parties will decide on a case-by-case basis which policy applies.

PRIVACY AND CONFIDENTIALITY

Students are expected to comply with all applicable legislation with respect to privacy, including the Freedom of Information and Protection of Privacy Act (FIPPA), by which the University of Toronto is bound (https://www.ontario.ca/laws/docs/90f31_e.doc).

STATUS OF STUDENTS WHEN ON PLACEMENT

When on placement, students are not considered employees of the placement site unless, and only to the extent that, they have entered into a separate employment agreement with the placement site. Students must be in good academic standing to conduct a placement. In the event that a student ceases to meet the academic requirements, is suspended, is being subject to any type of University discipline, or ceases to be a registered student at the University or in the MPK Program, unless the parties agree otherwise, the placement will end coincident with the cessation of the student’s status.

STANDARDS AND EXPECTATIONS WHEN ON PLACEMENT

Professional Standards: When working in a professional environment you are expected to act and speak accordingly.

Attire: Students must dress in a professional manner, with attire that is fit for being active, but also differentiates you from the clients.

Minimum Effective Dose: Be diligent and efficient with time and training, only program the necessary volume to achieve the purpose.

Referral: You are expected to work within the scope of practice of a kinesiologist. All other matters must be referred to appropriate support staff/personnel.

REGISTRATION INFORMATION

COURSE ENROLMENT

All of the courses offered in the Master of Professional Kinesiology program are mandatory. Students will be pre-enrolled in courses by the Graduate Programs Office. The first day of classes is August 8, 2016.

TUITION FEES

MPK tuition fees for 2016–2017 are approximately \$16,000 plus incidental fees (for the 16-month program) for domestic students. Your tuition fee invoice will be available on ACORN in mid-July.

To be fully registered for the fall-winter sessions, you must pay the minimum payment to register or, if you are receiving OSAP funding, defer your fees. Once you have paid your minimum payment to register or you have deferred your tuition fees, your status will automatically change from “invite” (INVIT) to “registered” (REG) on ACORN within seven business days of payment.

Failure to pay the minimum payment to register or arrange deferral of tuition fees by August 26, 2016 will result in cancellation of enrolment in all courses.

TIPS FOR MAKING TUITION FEE PAYMENTS

You can pay your fees like a bill – at a bank, via telephone or internet banking, or at a bank machine. To pay at a bank machine or at a teller, take a copy of your account in invoice format printed from ACORN with you. Your account number (on the top right-hand corner of the invoice) and student number printed on the account are needed to ensure the payment is credited to your account.

If you would like to pay online or by phone, add the University of Toronto to your list of bills, using the account number located on the top right-hand corner of your invoice on your account on the Student Web Service. The account number consists of up to the first five characters of your surname (in capital letters) and 10 numbers which will be your student number with leading zeros.

For more information on tuition fees, fee payment and service charges, please review the [Student Accounts](#) website.

TUITION FEE DEFERRAL (BASED ON OSAP)

Online Tuition Fee Deferral Students receiving OSAP funding may request a temporary tuition fee deferral, which allows them to be fully registered in their courses without paying the minimum fee before the fee deadline. Please visit the [Student Accounts](#) website for details and instructions on how to defer your tuition fees.

FINANCIAL ASSISTANCE – ONTARIO STUDENT ASSISTANCE PROGRAM (OSAP)

As an MPK student you are eligible for financial assistance through Ontario Student Assistance Program (OSAP). OSAP provides need-based financial assistance to Ontario residents who are Canadian citizens, permanent residents or protected persons (recognized convention refugees). Students with course loads of 60 per cent or greater are considered for both federal and provincial interest-free student loans and grants to assist with educational and living expenses. For more information, please visit: <https://osap.gov.on.ca/OSAPPortal>

SUPPORT SERVICES AND RESOURCES

Academic success requires support beyond the classroom. The Faculty of Kinesiology and Physical Education and the University of Toronto offer many services to make your campus experience a positive one. Below are some key resources to get you started:

- [Accessibility Services](#)
Supports students through academic accommodations to achieve academic and co-curricular success
- [Health Sciences Writing Centre](#)
Supports students through the various stages and potential challenges of academic writing
- [Housing Services](#)
Information on campus and non-campus accommodation, vacancies, online registry and FAQs
- [Sexual and Gender Diversity Office](#)
Promotes the sexual diversity of the students, staff and faculty at U of T
- [Student Life Centre](#)
Learn about resources to encourage a balanced and dynamic campus life, beyond the classroom

If you do not find the resources you require on these websites, please feel free to contact the Graduate Programs Office directly via email at exs.kpe@utoronto.ca or via phone at 416.978.6087.



SCHOOL OF GRADUATE STUDIES

The School of Graduate Studies offers an immense array of services that cater to any need a student may have. These include, but are not limited to:

- Conflict resolution
- Campus life
- Equity and diversity
- Family resources
- Health and safety

For more information, please visit the [SGS Services for Students](#).

GRAD LIFE

Grad Life is a hub to help you navigate grad life at U of T and connect you to workshops, social events, campus services and resources. They provide community through programs where you can gain balance, build skills, seek support and connect with other graduate students across disciplines. To view more information on activities and support resources, visit the [GradLife](#) website.

GRADUATE COUNSELLING SERVICES

Health and Wellness Partnership – The School of Graduate Studies and the Office of Student Life are pleased to announce a new partnership to expand the outreach provided by Health and Wellness to our graduate student community.

To better meet the diverse needs of the graduate student population, graduate students can access counselling services at the School of Graduate Studies. The Wellness Counsellor will offer brief counselling services tailored to the challenges presented by graduate-level university life. The focus of counselling is on strengths, resiliency and skills-building.

FINANCIAL COUNSELLING

It's best to seek help early so your problems don't get out of control. Most financial problems only get worse unless you seek help. Financial counselling can help relieve your stress, resolve your immediate financial problems and help you plan for the future. Our financial counsellor is trained to assist currently registered students in all aspects of financial management, including planning a budget and debt load management. For more information or to schedule an appointment, please visit the [SGS Financial Counselling](#) website.

WELLNESS WORKSHOPS

Wellness workshops are offered by the Health and Wellness Centre. Topics of these workshops range from balanced living and emotional regulation to healthy behaviours and many others. For more information and to view the schedule of the workshops, please visit the [Wellness Workshop](#) website.



POLICIES, GUIDELINES AND STUDENT RESPONSIBILITIES

It is the student's responsibility to be aware of policies, procedures and deadlines during the course of the degree. The student is expected to comply with the School of Graduate Studies (SGS) policies as detailed in the [School of Graduate Studies Calendar](#).

Get to know your rights and responsibilities. Find out about U of T policies, SGS regulations, memos and guidelines on intellectual property by visiting the [SGS Policies, Guidelines, Student Responsibilities](#) website.

Student Code of Conduct

MPK students are expected to act in accordance with the Code of Student Conduct outlined in the current [School of Graduate Studies Calendar](#) as defined by the Office of Governing Council, University of Toronto.

Avoiding Cheating and Plagiarism

U of T prohibits cheating and plagiarism and enforces severe penalties against students who break the rules outlined in the Code of Behaviour on Academic Matters, which include:

- Using unauthorized aids on an exam or test
- Looking at someone else's answers during an exam or test
- Falsifying documents or grades
- Making up sources or facts for an essay or report
- Submitting the same work in more than one course (without permission)
- Submitting someone else's work as your own

Official Correspondence with Students

University of Toronto Policy – The University and its divisions and the Department of Exercise Sciences will communicate with students primarily via email, and all students are required to obtain and maintain a University of Toronto email address. This is the only email address that will be used for official correspondence. Official correspondence may include, but is not limited to, matters related to students' participation in their academic programs, important

information concerning University and program scheduling, fees information and other matters concerning the administration and governance of the University. Students are responsible for maintaining and updating their contact information on the student information system (ACORN). This information must include current and valid mailing and permanent addresses as well as a University of Toronto email address. Failure to provide and maintain this information may result in a student missing important information and will not be considered an acceptable rationale for failing to receive official correspondence from the University.

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION FACILITIES

Athletic Centre (Corner of Harbord St. and Spadina Ave.)

With seven gymnasias, three pools (including the only Olympic-sized pool in downtown Toronto), a strength and conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts and steam rooms, there really is something for everybody! Facilities are available for use by U of T students and all other Athletic Centre members.

Goldring Centre for High Performance Sport (100 Devonshire Place)

The Goldring Centre for High Performance Sport is a multi-storey sport and exercise facility housing a 2,000-seat, internationally rated field house for basketball, volleyball and other court sports, a state-of-the-art strength and conditioning centre, fitness studio, sport medicine clinic and research and teaching laboratories.

Varsity Centre (Corner of Bloor St. and Devonshire Place)

The Varsity Centre – which includes a 5,000-seat stadium, 400m eight-lane track, state-of-the-art artificial turf field with a dome for winter use and 4,000-seat arena – is a sport and recreation facility like no other. Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high performance athlete training. During the winter months, the field continues to be a hive of

activity under the dome, where students and members can make use of the driving range and a range of drop-in recreational activities.

ACORN – STUDENT WEB SERVICE

The Accessible Campus Online Resource Network (ACORN) is U of T's new, user-friendly and intuitive student web service. ACORN will be your main online resource for updating contact information, student account information and student life resources. Access ACORN using your UTORid and password.

Use ACORN to:

- View your daily schedule and upcoming key dates at a glance
- Defer fees
- View tuition invoices and financial account
- Update contact information
- Order transcripts
- Print tax forms
- Access information on housing, health and support, co-curricular programs and more in one place

For more information about ACORN, visit www.introducing.acorn.utoronto.ca

TCard INFORMATION/LIBRARY INFORMATION

Get your U of T student ID card before August, or as soon as you can when you get to campus! Your TCard is your official University of Toronto photo identification. It will be your library card, access pass to athletic facilities and general ID card for when you write exams and pick up official documents. Your UTORid will be issued when you obtain a TCard.

To get your TCard, go to Room 2054A, Robarts Library, 130 St. George Street during their office hours. Bring your admission letter, proof of citizenship (please check the website for available options) and photo ID. More information about required documentation is available at www.sites.utoronto.ca/tcard/

Set Up Your Email Address and Activate Your UTORid

Once you have your TCard, activate your UTORid account, which will automatically create your UTMail+ account. All U of T students are given a U of T email address through the UTMail+ service. It's your responsibility to activate and maintain this account. Enter this new email address on your ACORN record. U of T uses email to communicate with you. It's your responsibility to update your email on ACORN and to check your UTMail+ account daily.

BLACKBOARD – PORTAL

What Is Blackboard?

The Portal is powered by the Blackboard Academic Suite. The integrated suite includes the Blackboard learning management system, community portal, document management and eCommerce modules. The University of Toronto Portal supports your courses with course material, email, discussions and more. It also supports a diverse online community and provides a place for storing and accessing your files. Blackboard is an easy-to-use online course delivery and management system. Using Blackboard's graphical point-and-click interface, your instructors can post syllabi, readings, assignments as well as communicate via email, virtual chats or discussion boards. Additional features include Course Announcements and Calendar; Online Quizzes and Surveys; Course Study Groups; Online File Exchange; and so much more ...

About the Portal: <http://www.portalinfo.utoronto.ca/>

Portal Login: <http://portal.utoronto.ca>

GRADING

Graduate students must obtain no less than 70 per cent (or a B-) in any graduate courses. In accordance with the University Assessment and Grading Practices Policy, any grade below B- will be recorded as a failure (FZ).

CONTACT INFORMATION

Graduate Programs Office

If you have any questions regarding administrative matters such as registration, enrollment, grades, fees, financial support and awards, please feel free to contact Zarine Ahmed, Graduate Program Coordinator.

320 Huron Street, Room BN 110

(Clara Benson Building, enter via 320 Huron Street doors)

Email: exs.grad@utoronto.ca

Tel: 416.978.6087

Fax: 416.971.2118

Faculty Website: www.exs.utoronto.ca

OFFICE HOURS

Monday to Thursday: 8:30 – 11:30 a.m. and 1:30 – 4:30 p.m.

Friday: 8:30 a.m. – 12 p.m.

MPK
**MASTER OF
PROFESSIONAL
KINESIOLOGY**



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

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